

The Newport Navalog

SERVING COMMANDS AND COMMUNITIES IN NEWPORT, R.I.

VOL. 103 NO. 2 JANUARY 17, 2003

Spark of creativity



Ron Fontaine/U.S. Navy photo

WELDER Edwin Kurtz, Alterations and Specialized Trades Branch of the Public Works Department, spot welds a flange in Building A63 shops. The Navalog looks at some of the branch's projects over the past few months. Story, more pictures, Pages 8-9.



Timme gets NUWC helm

The Naval Undersea Warfare Center holds change of command ceremonies.

— Page 3



Pediatrician joins NACC

Naval Ambulatory Care Center adds another pediatrician, who brings a special medical background, to its Pediatrics Clinic

— Page 5



NAPS cagers back on court

The Naval Academy Prep School basketball team returns from winter break to face some tough competition on the court.

— Page 12

Roving reporter

Our question:

'How do you think our country has changed most since this time last year?'

"The country is a lot less patriotic than it was this time last year."

—Sgt. Joseph Easterling
Broadened Opportunity for
Officer Selection and Training



"Force protection improvements throughout the country have increased the overall readiness of both the military and civilian communities to respond to the new threats that exist within our society."

—CTR1 Angela Anderson
of Cincinnati, Ohio
Broadened Opportunity for
Officer Selection and Training



"The civilian population has been forced to recognize and appreciate the need for a strong U.S. Armed Forces team."

—FC2 (SW) Robert Colvin
of Virginia Beach, Va.
Broadened Opportunity for
Officer Selection and Training



"Now that our country is nearing a war with Iraq, the determination to defeat terror is stronger than it was last year."

—Staff Sgt. Karl Young
of Elko, Nev.
Broadened Opportunity for
Officer Selection and Training



"I think our country has changed most in regards to public opinion. This time last year the country and its populace were looking for revenge for the perpetrators of the 9/11 attacks. They were pleased with both the government and the military. Now a year later, the public feels the same high regard for the military and its members. But in reference to the government, they feel that they are being bullies and need to mind their own business. Amazing how their loyalties change."

—Cpl. Rodney M. James, USMC
of Baltimore, Md.
Broadened Opportunity for Officer Selection and Training



Navy will join tribute to Martin Luther King

Navy Newport representatives will participate in community ceremonies to mark Dr. Martin Luther King Day on Monday, Jan. 20.

Dr. King's birthday, a federal holiday, will be celebrated in Newport with a series of fun and educational events, sponsored by the Newport County Martin Luther King, Jr. Celebration Committee.

The day will begin at 8 a.m. with a prayer breakfast at St. Paul's United Methodist Church.

At 9 a.m. Navy and Marine Corps runners, with high school track team members, are invited to join the 11-mile Torch Run from the First R.I. Regiment Monument in Portsmouth to Cranston-Cal-

vet School in Newport.

Cranston-Calvert School will host Dr. King's annual birthday program beginning at 9:30 a.m. in the auditorium. There will be guest speaker, and the runners will be acknowledged when they arrive.

Navy Band Northeast's Brass Quintet is scheduled to play appropriate music.

A luncheon will follow in Dr. King's honor at the Hyatt Regency Hotel in Newport at 12:30 p.m. Tickets for the luncheon are available by calling Bessie Roberts, 849-0589; Sarah Pender, 847-2976; Fern Lima, 832-1934; or the NAACP Office, 847-5570. The tickets are \$20.

Later in the afternoon,

Cranston-Calvert School will host the 10th annual Black History Bowl program.

The Dr. Martin Luther King Jr. Community Center will show movies and provide displays at 5 p.m., and to wrap up the festivities the Community Baptist Church will hold an evening worship service at 7 p.m.

For more information on any of these events call Thelma Williams at 847-5570.

The Department of the Navy strongly encourages the commemoration of the Dr. Martin Luther King Jr. holiday. Maximum participation by military and civilian personnel in command and local community observances is welcome.

Personnel Development Command established as CNET reorganized

By JOY WHITE
NETC Public Affairs

PENSACOLA, Fla. — The Naval Personnel Development Command (NPDC) was officially "stood up" during a ceremony at Naval Station Norfolk, Va., last Friday.

The event is the latest in several changes in the reorganization of Naval Education and Training.

Adm. Vern Clark, Chief of Naval Operations, and Vice Adm. Alfred Harms Jr., Commander, Naval Education and Training Command, addressed the audience.

The new command's goal is to create a more agile, responsive warfighting organization. Rear Adm. J. Kevin Moran, a native of Huntington, Long Island, N.Y., is the commander of the new organization. He will continue to head the Task Force for Excellence through Commitment to Education and Learning (EXCEL).

The Revolution in Training has brought about a major reorganization of Navy education and training, including the establishment of the NPDC and 13 Learning Centers which standardize the training development and delivery process

for all Sailors in the Navy.

Reporting to CNET, NPDC will provide support and ensure standardization of training technologies and methodologies to the Learning Centers, while working closely with the Fleet Forces Command and the lead TYCOMs to meet the fleet's training needs.

Under the new organizational structure, schools providing training in career specialties, such as aviation or subsurface, will report to and coordinate training initiatives with their respective Learning

Center.

"Instead of having well over 100 independent commands doing their own thing and trying to manage them all from one central point here at the headquarters, we are establishing Learning Centers along functional capabilities to leverage the synergies of like training requirements and gain needed efficiencies," said Harms. "NPDC provides direct support to the Learning Centers who have responsibility for program content and Sailor development."

Navalog

Capt. Ruth A. Cooper

Commanding Officer, Naval Station Newport

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NUWC command changes helm

By RICHARD ALEXANDER
Navalog editor

Commander, Naval Sea Systems Command, said the nation will draw on the Navy's total technical expertise to be successful in meeting military threats of the 21st century.

Vice Adm. Phillip Balisle was guest speaker last Friday for change of command ceremonies for Commander, Naval Undersea Warfare Center.

Vice Adm. Balisle said, "We are a Navy and nation at war, and we face a very different, but capable enemy. We cannot predict the battle or battlefield, so we must look at fielding a toolbox from which warfighters can draw."

Rear Adm. John Butler, Commander NUWC since July 2001, was relieved by Rear Adm. (sel.) William Timme in traditional Navy ceremonies in Building 80. Almost 1,000 attended.

Balisle said he is looking for NUWC to combine teamwork with engineering excellence in the years ahead. "We must take this to the highest level nationwide."

He said NUWC continues to be a leader in accountability, management and mentoring.

In praising Butler, Balisle said, "NUWC is a team, but even the best team needs a captain to guide it."

Butler has focused on keeping NUWC in tune with today's Navy, the next Navy, and the Navy after next, he said.

Under Butler's tutelage, the unmanned surface vehicle Spartan showed great potential for revolutionizing future warfare as a multi-mission



I RELIEVE YOU, SIR — Rear Adm. John D. Butler, left, Commander, Naval Undersea Warfare Center, is relieved by Rear Adm. (select) William Timme at change of command ceremonies last Friday at Building 80.

platform, especially in reconnaissance and surveillance.

Warfighters in the fleet forward deployed now receive "over the shoulder" technical "distance support" from NUWC experts through computers link, Balisle said.



Capt. Timme

Butler said NUWC's current realignment process will continue under Timme. Several committees have been looking into increasing the efficiency of NUWC's Keyport, Wash., and Newport Divisions by reviewing policies and the way business is conducted.

Concurrent to commanding NUWC, Timme will also be assigned as Deputy Commander for Undersea Technology, Naval Sea Systems Command, Washington, DC.

Before coming to Newport, Timme served as Program Manager for Undersea

Weapons, responsible for all of the Navy's torpedo programs from cradle-to-grave.

He was selected to promotion to flag rank in May 2002.

Until June 2000 Timme was assigned as Warfare Requirements and Fleet Liaison Officer in the New Attack Submarine Program Office, Washington, D.C.

Butler will assume command as Program Executive Officer for Submarines in the Office of the Assistant Secretary of the Navy for Research, Development, and Acquisition.

A number of things...

61

The number of years the Newport area Seabee Ball has been celebrated. The first naval construction battalion was established at Quonset Point, R.I., in 1942. **Story this page.**

800 million

The amount in dollars that the Navy's housing allowance funds for fiscal 2003 will increase over fiscal 2002. The average increase in Basic Allowance for Housing (BAH) ranges from 1 to 27 percent by grade.

33

The percentage of people out of 100, who, if infected with the smallpox virus, will die if not vaccinated. In the United States the routine vaccination against smallpox ended about 1972.

61st Seabee Ball set for March

The 61st annual Newport Area Seabee Ball will be March 1 from 6 p.m. to midnight at the Newport Harbor Hotel on America's Cup Avenue.

All active duty and retired members, officer and enlisted, of Naval Construction Battalions, the Navy Civil Engineer Corps; and the Naval Facilities Engineering Command are welcome to attend.

Guest speaker will be Master Chief Constructionman (SCW) Richard Iannucci, the Naval Reserve liaison master chief

with the First Naval Construction Division, Little Creek, Va.

Dress is dinner dress blues or appropriate civilian semi-formal attire.

Ticket prices are \$25 for E-6 and below; \$40 for E-7 through O-3; O-4 and above, \$45; and civilians \$45. Guests are the same price as their sponsor.

The reservation deadline is Feb. 15.

For tickets and information, contact Chief Builder (SCW) Scott Bellamy, Chief Yeoman Cathy Newman or Storekeeper

First Class Martin Smellie at 841-6220.

Authorized and established on Jan. 5, 1942 at Quonset Point, R.I., and officially named on March 5, 1942, the Navy's construction battalions have distinguished themselves in a half century of service in construction and combat.

Seabees have distinguished themselves through their critical role in Korea, Vietnam, and Kuwait during Desert Storm, and in the Balkans and Afghanistan.

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Ron Fontaine/U.S. Navy photo

UP AND RUNNING — Lt. Eric P. Sutherland operates the new Pharmacy 2000 Automation System at the Naval Ambulatory Care Center's Pharmacy recently. The new equipment, installed last month, reduces patient risk of medication and prescription errors.

Meritorious Service Medal

Capt. Denise Reilly, Naval Ambulatory Care Center Newport, (Gold Star in lieu of second award), from Lt. Gen. M. R. Berndt, Commander, U.S. Marine Corps Bases, Atlantic, for outstanding meritorious achievement while serving as Department Head, Inpatient Care, Halyburton Naval Hospital, Marine Corps Air Station Cherry Point, USMC bases, Atlantic, Dec. 18, 2002

Navy/Marine Corps Commendation

Lt. Cmdr. Lisa McGowan, Naval Ambulatory Care Center Newport, from Commanding Officer, U.S. Naval Hospital Sigonella, Italy, for meritorious service while serving as Department Head, Family Practice and Flight Line Clinics, Dec. 18, 2002

HMC Glenn E. Fabros, Naval Ambulatory Care Center Newport, for meritorious achievement in the superior performance of duties while serving as Leading Petty Officer, laboratory Department and Leading Chief Petty Officer, Physical Readiness and Occupational Health/Preventive Medicine Department, Branch Medical Clinic, China Lake, Calif., Dec. 18, 2002

Navy/Marine Corps Achievement

HM3 Timothy D. Jones, Naval Ambulatory Care Center Newport, from Commanding Officer, Naval Health Care New England, for professional achievement in the superior performance of his duties while serving as a basic radiologic technologist, Dec. 18, 2002

SWOS receives tele-training on shipboard energy savings

WASHINGTON, D.C. — The Surface Warfare Officers School (SWOS) is currently receiving video tele-training (VTT) in Shipboard Incentivized Energy Conservation (ENCON).

Developed and administered by the Naval Sea Systems Command (NAVSEA), the award-winning ENCON video training program has been instructing Navy commanding officers, engineers, operations and supply officers on strategies to achieve energy savings.

This year, this innovative VTT program consisting of a 15-minute ENCON brief will be focused toward shipboard prospective commanding officers (PCOs) and prospective chief engineering officers (PCHENGs) at Naval Station Newport.

According to ENCON Program Manager Hasan Pehlivan, "the SWOS tele-training will further provide significant awareness information for new PCOs and PCHENGs in their respective shipboard leadership roles to save energy.

"Saving fuel using energy conservation training techniques by one ship means more fuel for other ships." Ships that use less fuel, as compared to a baseline in a quarter, are given a percentage of the savings in cash awards to augment their OPTAR fund.

The Navy's ENCON team handling the VTTs and awareness efforts resulted in 38,000 hours of additional fleet steaming, thus avoiding energy costs of \$41.7 million. This is equivalent to 19 destroyers operating underway the entire year free of fuel costs. Further, the ENCON Team's efforts in fiscal 2001 captured fuel savings of over 1.012 million barrels of fuel oil, the equivalent of removing approximately 68,000 sport utility vehicles from the nation's roads for a year.

The Navy's ENCON Program was implemented fleet-wide in fiscal 2000 and won the Presidential Award for Leadership in Federal Energy Management — as an "Outstanding Performance" in October 2002.

With new energy conserving technologies, conservation training, strategies and awareness, the ENCON program effort has been significant. It has helped the U.S. Navy's fleet in accomplishing increased steaming hours at no extra cost by managing fuel consumption and transit speeds and eliminating unproductive energy expenditures.

Pehlivan said, "Institutionalizing the ENCON video training at SWOS will further increase our training efforts for leadership classes continuing through November 2003."

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THE BEAT GOES ON — Cmdr. (Dr.) Leroy Nill, left, checks the heartbeat of Ernesto Rivera Jr., 11 months, held by his father, Lt. Ernesto Rivera, at the Naval Ambulatory Care Center's Pediatrics Clinic.

Ron Fontaine/U.S. Navy photo

New pediatrician joins NACC staff

By CYNTHIA FLEMING
NACC Public Affairs Officer

Practicing medicine comes with big responsibilities. But attending to the wee ones is most rewarding for Cmdr. (Dr.) Leroy Nill.

The newest addition to the pediatric staff at Naval Ambulatory Care Center (NACC) Newport, Cmdr. Nill arrived last October and has been busy with a full patient load. He joins fellow pediatrician Dr. (Lt. Cmdr.) Roger Fazio in providing the best quality health care possible to their patients — newborns to age 18.

Cmdr. Nill, who received his medical degree from St. Louis University in Missouri, didn't

decide to practice pediatrics until his third year of training.

"When we did clinical rotations through all the major specialties, I was particularly drawn to the pediatric patients," he said.

To help his educational expenses in medical school, Cmdr. Nill joined the Navy under a scholarship program.

"My decision to go Navy was a combination of financial benefits and the influence of my father-in-law, who was career Navy," he said.

Dr. Nill, who reports to NACC Newport from Naval Hospital, Bremerton, Wash., completed his

PEDIATRICIAN, Page 13

Announcements

'Winter Pot of Gold' your kind of getaway

If the winter blues have got you down, entering the Navy Region Northeast's Saluting Sailors and their Families' "Winter Pot of Gold" contest is the perfect way to perk you up.

You and a guest could win a week-long vacation in Boston and at New Hampshire's Mount Washington!

One active duty military member and a guest from each installation within the Northeast region will spend St. Patrick's Day 2003 in VIP seating at Boston's world famous parade, followed by a party in your honor at the landmark, Cheers Bar and Grill. All transportation, accommodations, meals and even your entertainment (sightseeing, shopping and a show) are included!

From Boston, winners will travel north to New Hampshire's Mount Washington, where they will have three days of skiing, snowboarding, sleigh riding and much more!

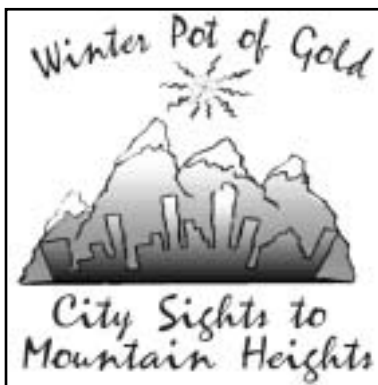
Again, all your transportation, meals, accommodations, and lift tickets are covered! This is a vacation of a lifetime and all you have to do is enter!

Active duty military and their immediate family members can pick up an entry form at any MWR facility or visit the official "Winter Pot of Gold" contest website at: www.mwr.navy.mil/gold.htm for entry forms, complete details and official rules.

The contest ends Feb. 1.

Perry Road closed today

A section of Perry Road, approximately 200 feet long in front of Building 444 on Coasters' Harbor Island will be closed for subsurface util-



ity repairs today from 8 a.m. to 5 p.m.

Detour signs will be posted to redirect traffic through the Building 444 parking lot during repairs.

Commuters are asked to use caution and have patience around this detour. For more information, contact Lt. Cmdr. Chris Rehkop, assis-

tant Public Works officer, at 841-3842.

Blood donors wanted

January is National Volunteer Blood Donor Month, and military members are encouraged to participate in a Middletown community blood drive on Tuesday, Jan. 21, from 3 to 7 p.m. at the Knights of Columbus Hall on Valley Road. The Rhode Island Blood Center on Aquidneck Avenue will conduct the drive.

Donors will receive a free steak dinner, plus a coupon for one pound of Dunkin' Donuts coffee.

Food service job posted

Coddington Cove Preschool, a NAEYC accredited preschool for 3, 4 and 5-year-olds, is seeking a food service worker to help deliver prepared food to classrooms.

Responsibilities include setting up carts with needed supplies, delivering the food and cleaning up after meals, as well as maintaining a regularly inspected kitchen and all required documentation. For more information, contact the preschool at 841-2080.

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What's going on

Observance slated today for Dr. King

Naval Station (NAVSTA) Newport will observe Martin Luther King Jr. Day today at 10 a.m. in Captain Howard N. Kay Hall. The ceremony will be open to the military and civilian employees of NAVSTA Newport. The holiday observance is Monday, Jan. 20.

The program includes a reading of Dr. King's "I Have A Dream" speech; and his comments on *Nonviolence or Nonexistence*; and a performance by the Navy Band Northeast's Brass Quintet and a soloist.

The keynote speaker will be Clifford Montiero, President of the Providence branch of the NAACP. Recently reelected to his third term, Montiero has been involved in the NAACP since age 13. He helped with voter registration.

A lunch follows at Ney Hall Galley with a southern menu featured. All commands and activities at NAVSTA Newport are welcome.

There will also be a display of Dr. King's career exhibited in the atrium of Building 690, along with audio presentations of many of his noted speeches and sermons; and the PBS award-winning six-part video series, *Eyes on the Prize*.

TODAY, Jan. 17

- Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.
- Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.
- Soup kitchen at MLK Center welcomes military volunteers, 8:30 a.m.
- Dr. Martin Luther King Jr. observance, Capt. Howard Kay Hall, Naval Station Newport, 10 a.m..
- Soup kitchen at Salvation Army welcomes military volunteers, 5 to 5:45 p.m.
- Recreation Center Movie Night: at 6 p.m., *Spy Kids 2* (PG), at 8 p.m., *Good Advice* (R).
- Artists for Third Beach Art Auction, Salve Regina University's Ochre Court, 6:30 to 10 p.m., 846-2577.

SATURDAY, Jan. 18

- Red Cross Babysitter's Training Course, Newport Public Library, Stride Meeting Room, Spring Street, 1 to 5:30 p.m., 846-8100.
- Winter Lecture Series, Newport Art Museum, Bellevue Avenue, 2 p.m., 848-8200.
- Soup kitchen at Community

Baptist Church welcomes military volunteers, 4:30 p.m.

- Candlelight tours, Belcourt Castle, 6 p.m., 846-0669.

SUNDAY, Jan. 19

- Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant services, 8 and 10:30 a.m.
- Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.
- Soup kitchen at Salvation Army, Memorial Boulevard, welcomes military volunteers, 4 to 4:45 p.m.

MONDAY, Jan. 20

- Federal holiday, Dr. Martin Luther King Jr.'s birthday. City and Town Halls, schools, federal buildings closed.
- Fitness Walk and Tone, 8 to 9 a.m., Gym 109.
- Intermediate Weight Training for Women, Gym 109, 9 to 10:30 a.m., \$10 per person.
- Blood drive, R.I. Blood Center donor coach, Naval Ambulatory Care Center's Building 23, 11 a.m. to 4:30 p.m.
- Soup kitchen at Martin Luther King Center welcomes military volunteers, 8:30 a.m.
- Soup kitchen at St. Joseph's Church welcomes military volunteers, 11:30 a.m.
- Soup kitchen at Channing Memorial Church welcomes military volunteers, 5 p.m.
- Candlelight tours, Belcourt Castle, 6 p.m., 846-0669.

TUESDAY, Jan. 21

- Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks! Call 841-3154.
- Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.
- Soup kitchen at Martin Luther King Center, Dr. Marucs Wheatley Blvd., 8:30 a.m. Military volunteers welcome.
- "Checkbook Balancing," Fleet and Family Support Center, 11:30 a.m. to 1 p.m., 841-2283.
- Community blood drive, Middletown Knights of Columbus Hall, Valley Road, Middletown, free steak dinner plus coupon for one pound of Dunkin' Donuts coffee for all donors, 3 to 7 p.m.
- Soup kitchen at United Baptist Church welcomes military volunteers, 5 p.m.
- Officers' Club Movie Night, at 6 p.m., *City by the Sea* (R), 8 p.m., *The Banger Sisters* (R).

WEDNESDAY, Jan. 22

- Soup kitchen at MLK Center welcomes military volunteers, 8:30 a.m.
- Soup kitchen at United Baptist welcomes military volunteers, 5 p.m.

THURSDAY, Jan. 23

- Soup kitchen at Martin Luther King Center welcomes military volunteers, 8:30 a.m.
- Soup kitchen at St. Paul's Church welcomes military volunteers, 5 p.m.
- "Fast, Cheap and Out of Control," Rosecliff, 6 p.m., 847-1000

Festival thanks contributors

The Festival of Trees Committee says that any charitable organizations seeking donation information may write to:

Festival of Trees, P.O. Box 5017, Naval Station Newport, Newport, R.I. 02841; or contact Claudia Clark at cmclark92@cs.com

The committee also thanks the following restaurants, merchants and businesses for their generous contributions of food, goods and services in support of the 2002 festival last month:

- 99 Pub & Restaurant
- A-1 Pizza
- Adrienne Downing, Wildtree Herbs
- AFC Corporation Sushi Bar (Clement's Market)
- Allen's Wine & Spirits
- Altissimo Recordings, Jen Gudmundsson
- Anthony's Seafood Restaurant
- Applebee's restaurant
- Aquidneck Pizza
- Arnold Art Store & The Gallery
- Astors Beechwood Mansion
- Atlantic Beach Club
- Batik Garden Imperial Buffet
- Becky's BBQ
- Bellevue Florists
- Bermuda Bay Clothing
- Blimpie Subs
- Blockbuster Video
- Body Matters
- Body-Wise therapeutic massage
- Brenda Browning Anderson, watercolorist
- Brick Alley Pub
- Broadway Florist Designs
- Buon Appetito Italian Restaurant

- Cafe Zelda
- Cappuccino's
- Carole Fitzsimonds, artist
- Carole Robb - Stampin' Up
- Chases Greenhouses
- Chaves Gardens, Inc.
- Chili's restaurant
- Christie's
- Coastal Extreme Brewing, Newport Storm
- Coca-Cola
- Coddington Brewing Co.
- Commissary, Deli and Bakery
- Crystal Spring Water Co.
- Dave's on Thames
- Domino's Pizza
- Ebenezer Flag Company
- Fatulli's Gourmet Bakery & Deli
- Food Works
- Fort Adams Trust
- Glass Onion
- Green Bean Café
- Green Valley 19th Hole
- Haruki Sushi Bar, Naval War College
- Helen Clark



Navalog file photo

FATHER and son listen to the 'talking tree' at the Festival of Trees.

- High Flyers Flight Company
- Higher Grounds
- House of Scrimshaw and Gifts
- Island Garden Shop
- Island Pizza

- Island Sun Tanning
- Jamestown Golf Course
- Kathleen's Catering
- Kathy Perrotti, pastry chef (Kiwanis)
- Katrina's Bakery
- La Bor Seafood
- La Forge Casino Restaurant
- Le Bistro
- Middletown House of Pizza
- Nadira Ferreira-Pampered Chef
- Newport Art Museum
- Newport Athletic Club
- Newport Blues Cafe

FESTIVAL, Page 16

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Make checkbook personal financial planning tool

A representative from the Navy Federal Credit Union will provide you with the "ins and outs" of Checkbook Balancing on Tuesday, Jan. 21, from 11:30 a.m. to 1 p.m.

Learn how to attain your financial goals by transforming your checkbook into a personal financial planning tool. Hear how you can reduce your checking account fees, avoid bouncing checks, better manage your cash flow, and safeguard yourself and your money. For information and to register for this workshop, call 841-2283.

The Credit Process — Good credit is an important part of

Fleet and Family Support Center

financial planning. Establishing credit, correcting credit problems, and rebuilding good credit are important skills.

Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employers, and can be part of a job security clearance process.

A representative from the Navy Federal Credit Union will conduct this program at the Fleet and Family Support Center on Jan. 23, from 11:30 a.m.

NEX to offer IRS tax help

The Navy Exchange (NEX) at Naval Station (NAVSTA) Newport starting next week will offer income tax preparation service for the first time.

Services are available to all authorized patrons of NEX. In addition, Department of Defense and contracted employees are also welcome to use the tax service.

Through tax season, (January through April), the following hours of operation will be in affect:

Monday, Tuesday, Wednesday, Friday and Saturday, 10 a.m. to 6 p.m.

Thursday, 10 a.m. to 9 p.m.

Sunday, Noon to 4 p.m.

Costs include:

1040EZ — \$35

1040A — \$40

1040 — \$45

schedule A — \$27

to 1 p.m.

Come and learn how to read, understand, and correct your credit report. Registration is required and may be made by calling 841-2283.

Homebuyers' Workshop —

Purchasing a home is a complex task. There are many questions that need to be answered before you take that big step.

Come to the Fleet and Family Support Center on Thursday,

Jan. 30, from 7-9 p.m., and learn about your options and decipher real estate lingo. You will meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages

and other financial options. Home-buying information for all areas of the United States is available at this workshop. Registration is required and may be made by calling 841-2283.

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*Applies to consolidation loans opened between January 1 and February 28, 2003. Interest will begin to accrue at the start of the loan.

Navy Federal Credit Union can serve most active and retired Navy and Marine Corps military personnel, Department of the Navy civilian employees and their families. Federal law generally prohibits federal credit unions from serving nonmembers. This credit union is federally insured by the National Credit Union Administration. 10490 (1-03)

Tradesmen show skills on NAVSTA, NUWC projects



FINISHING WORK — Tom McGoonan, maintenance mechanic with Alterations and Specialized Trades Branch, cuts trim in the Chief's Lounge.



SIGN PAINTER painter Willie Meikle recreates the Naval Station Newport emblem for a sign. The shop, in Building A63, also makes stop signs, street signs, detour and handicapped parking zone signs, among other projects.

Most Department of Defense civilian employees and military members at Naval Station (NAVST) Newport and the Naval Undersea Warfare Center (NUWC) Division, Newport take it for granted that their work space will be “up and running” when they arrive each morning.

They expect the heat at the proper temperature, the toilets to flush and tapwater to flow in the heads, and the lights to work overhead. Of course, the roads should be plowed and sanded after a snowstorm.

But keeping all facilities at NAVSTA and NUWC maintained, providing utilities, and making repairs or alterations when tasked, is the responsibility of the Public Works Department — the largest department on base with almost 230 employees.

Story by Richard Alexander
Navalog editor

Public Works is divided into several divisions with sub-branches and sections, but the Alterations and Specialized Trades Branch in recent months has undertaken several projects to improve facilities at the shore establishment.

Dave Silva, maintenance work leader responsible for assigning and following up on facility maintenance project jobs, provided an update.

Last December, Utilities Building 25 was upgraded and renovated with a new lunchroom and restrooms, and the locker room was fitted with new showers, toilets and drains. New floor tiles and windows were installed, as well.

Building 1's first deck was renovated in an open contractual inspectors workspace. Walls were removed, and a drop ceiling and new electrical wiring



JOHN Martins and Tom Collums remove asbestos insulation from Building 144, the former Teddy Colbert Child Development Center. The building has been remodeled by Public Works tradesmen for the Marine Corps Detachment and Army recruiting offices.

MAKING TRACKS — Roger Berube, left, and John Rivers with Alterations & Specialized Trades Branch, rake in new bluestone on the jogging trail behind Building 1112.



MACHINIST Henry Langlais, far left photo, Alterations and Specialized Trades Branch, uses a power hacksaw in Public Works Building A63. At left, insulator John Martins covers a pipe in Naval Undersea Warfare Center Building 119 at Stillwater Basin.

TEON Cromwell, Alterations and Specialized Trades, paints the Naval Station Newport Marina building inside Gate 1 last summer.



Ron Fontaine/
U.S. Navy photos

Public works

Continued from Page 8

was installed. The project also included a coffee mess, with countertops, sinks and drains.

The Marine Corps Detachment moved into the former Teddy Colbert Child Development Center Building 144 at Katy Field, but not before Public Works gutted the interior and removed asbestos insulation. MARDET now occupies the east side of the building and Army recruiting offices are on the west side.

The Fort Adams Fire Station had restrooms remodeled, and an exterior shed added by Specialized Trades.

In a joint effort, Seabees from Self Help and Specialized Trades upgraded the Chiefs' Lounge in Recreation Building 656 last fall. An oak bar and wall paneling were installed, recessed lighting was fitted in the ceiling over the bar, the walls were sound-proofed, and tile and carpeting was laid.

Silva said the next stage of the renovation will be the construction of a 30-seat movie theater adjacent to the lounge.

The biggest project ahead this winter is the renovation of NAVSTA Headquarters Building 690 on Peary Street. Public Works removed interior walls late last year, and will reconfigure office space for better traffic flow and convenience.

Roll-up windows in the atrium will be replaced with glass, some doorways will be closed off, and new drop ceilings will be installed. The project will involve sheetrocking, rewiring, relocating light switches and phone jacks, plus painting and some carpeting.

A coffee mess and kitchen on the south end of the building are included.

Quarters on Captains' Row in "Officers Country," Coasters' Harbor Island, are receiving new front entrance decks with roofs built with pressure treated lumber, redwood and fir.

Half of a duplex on Worden Street, Melville, that was damaged when a heating line broke, is undergoing mold abatement. Interior sheetrock and some framing will be replaced.

Silva said other projects on deck include window treatment and other aesthetic improvements to the Officers' Club main ballroom, the Main Post Office, and replacing all road signs on base.

Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

NOTE TO PATRONS: Portions of the Officers' Club are undergoing renovations and will be secured until Monday, March 10. Lunch, nightly specials and a limited pub menu will be available in the Constellation Room on the first deck.

Today: Lunch, 11 a.m. to 1:15 p.m., Constellation Room, first deck, buffet-style selections.

Tonight: Kick off the weekend right with complimentary hors d'oeuvres in the Pub in the Constellation Room, every Friday from 5 to 7 p.m. As always, you can order your favorite beverages or something from the pub menu, available until one hour before closing.

Saturday: The Pub in the Constellation Room, (first deck) opens at 4 p.m. Full pub menu available until one hour before closing.

Monday and Tuesday: Lunch, 11 a.m. to 1:15 p.m., Constellation Room, first deck, buffet-style selections. Dinner, 5:30 to 8 p.m., the Pub in the Constellation Room, Pasta Night. All-you-can-eat fresh cooked pasta, salad and warm garlic bread. Pub opens at 4 p.m. On Tuesdays, free movies at 6 and 8 p.m. in the Constellation Room, first deck.

Wednesday: Lunch, 11 a.m. to 1:15 p.m., Constellation Room, first deck, buffet-style selections. Dinner, 5 to 7 p.m., the Pub in the Constellation Room, free sliced beef sandwiches. Buy a beverage of your choice and receive a food token redeemable for two sandwiches. Other items also available. Pub opens at 4 p.m.

Thursday: Lunch, 11 a.m. to 1:15 p.m., Constellation Room, first deck, buffet-style selections. Dinner, 5 to 7 p.m., the Pub in the Constellation Room, Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, and creamy clam chowder. Pub opens at 4 p.m.

Upcoming Events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children age 3

and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

Feb 14: All hands Valentine's Dinner Show: All hands are invited to treat their valentine to an exquisite gourmet dinner followed by dancing to the high-energy sounds of the incredible Ronnie Rose, on Fri-



MWR photo

ENTERTAINER Ronnie Rose will perform at the all hands Valentine's Dinner Show on Friday, Feb. 14 at the Hyatt Regency (The Officers' Club is closed). More information, this page.

day, Feb. 14 at the Hyatt Regency.*

The romantic menu begins at 6 p.m. with hors d'oeuvres and cocktails (cash bar). Baskets of warm bread and Caesar salad are the preview for the main course — a choice of sumptuous Chateaubriand or baked stuffed lobster (Meal selection must be made when purchasing tickets.)

Dessert for two is oversized strawberry shortcake topped with fresh whipped cream and served with piping hot coffee.

After dinner, lace up your dancing shoes and take to the floor as you enjoy an energetic

and musically diverse performance by Ronnie Rose.

Tickets to this romantic event cost \$50 per person, including gratuity and are currently on sale at the Officers' Club Gift Shop. To purchase by phone using Visa/MC, call 846-7987.

Because of the Officers' Club renovations, this event is being held at the Hyatt Regency on Goat Island.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Unwind after work at the Recreation Center with a complimentary hors d'oeuvres buffet from 5 to 7 p.m. Or, enjoy a delicious fish and chips dinner from 5 to 8 p.m. for just \$4.75. Fish and chips are available for take out; no home delivery.

So, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available from 1 to 9 p.m.

Sunday: Noon to 8 p.m., Pub menu available until one hour before closing.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch, begins at 11 a.m., daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and dinner is open to all hands and Department of Defense civilians are always welcome.

Call for advance order take-out. No home delivery.

Monday is "Pile your Plate" with Pasta night, 5 to 8 p.m. Enjoy pasta, marinara sauce, meatballs, sausage, salad and more! Just \$4 per person.

Tuesday is "Taco Night," 5 to 8 p.m.

Ticket Connection

Let's cruise to Nova Scotia

Sail away with the Ticket Connection on a weekend cruise adventure to Yarmouth, Nova Scotia, over Memorial Day weekend, May 23-25.

The price is just \$260 per person (double occupancy for adults), \$165 for children 5 to 12; \$75 for children 1 to 4; and \$3 for infants under 12 months.

NOTE: This trip, however, is not recommended for infants and toddlers due to space restrictions on the motorcoach and overnight cabins aboard the ship.

The fun-filled weekend begins with round-trip motorcoach transportation from NAVSTA Newport to the ferry terminal in Portland, Maine, upgraded over-night cabins aboard the Scotia Prince, one full breakfast buffet, one continental breakfast, one dinner buffet, and one-night stay at the Rodd Grand Hotel, and much more!

Space available, fully-paid reservations will be accepted until April 25. For complete details, visit the Ticket Connection in Building 656, or call 841-3116.

Smell spring at Flower Show

The MWR Ticket Connection, Building 656, is pleased to offer patrons a chance to get an early glimpse of spring with tickets to the 10th annual Rhode Island Spring Flower Show. This year's show takes place Feb. 20-23 at the Convention Center in Providence and will feature more than 30 display gardens and vignettes, a garden marketplace and bookstore, special children's activities and a multitude of demonstrations and workshops.

Show hours are 10 a.m. to 9 p.m. Thursday through Saturday and 10 a.m. to 6 p.m. on Sunday. Tickets are \$12 each (door price is \$14) and may be used on any one day of the show. Only a limited number of tickets are available, so purchase yours today!

For more information, call the Ticket Connection at 841-3116.

Pond ice looks nice, but better think twice

Last month four young boys ages 10 through 11 died after falling through the thin ice of the Merrimack River in Massachusetts. One boy fell through the ice and five of his buddies tried to rescue him. Only two came out alive.

The four boys died 25 feet from shore, in eight feet of water.

Ice is nice, but only on the skating rink or in cold drinks.

Winter is an especially dangerous time around the River, the Naval Station Newport Safety Office warns.

The frozen water may look inviting and safe, but the ice on a river or stream is never evenly frozen. It may be thick enough to walk on in patches, but there will always be thin spots where the current is fast, or where culverts and ditches drain into the river.

Make sure children seek adult permission before they ice skate on anything other than on ice rinks or shallow, well-frozen puddles and leave the rivers for the fish.

What to do if a companion falls through the ice:

—Don't panic; stay calm and think out what you are going to do.

—Don't run up to where your friend fell in, you will only become a victim.

—Use some item from shore to throw to your friend. A large branch works good, a rope, jumper cables, skis, even a spare tire will float, hockey sticks, almost anything that you can extend to the victim.

—Remember this applies to animals that fall through the ice. DO NOT FOLLOW! Call 911 for help!

Naval Legal Service Office

1940 law protects soldiers, sailors

LT. SEAN COGLEY

NLSO North Central Branch Office Newport

Are you aware of how federal law protects you as an active duty servicemember?

Congress passed a law in 1940 called the Soldiers' and Sailors' Civil Relief Act (SSCRA) to provide protections for active duty servicemembers in several key areas:

1. It can help you stop a civil legal action (not a criminal action) or avoid default judgments in such an action IF you cannot attend court due to military obligations;

2. It protects your state citizenship and can protect you from certain state taxes;

3. It can help you lower the interest rate that you pay on certain pre-service debts; and

4. It can help you terminate a lease IF certain conditions are met.

However, you should be aware that there are some important limitations on the protections under the SSCRA and that there is some misinformation out in the fleet about how the SSCRA's protections work.

The SSCRA allows you as an active duty servicemember to request a "stay of proceedings" (temporary delay of court proceeding) in a CIVIL court proceeding. Examples of a civil court proceeding would be a divorce, a small claims court lawsuit, a landlord-tenant court lawsuit, or any other kind of non-criminal court proceeding.

Also, a default judgment (judgment in your absence) cannot be issued until the court has determined whether you are eligible for a stay. However, the SSCRA does not offer any protection in civilian criminal court proceedings.

NLSO, Page 13



TRICARE corner

Holidays derailed healthy diet?

EDITOR'S NOTE: Sierra Military Health Services, Inc. (SMHS) the TRICARE administrator for TRICARE Northeast presents this information courtesy of the National Institute of Health.

January is traditionally the time of year when Americans flock to the gyms and resolve to be healthier or lose weight. Most people know which foods are "good" for them but during the holiday season, it becomes increasingly difficult to eat healthy. Now that the holidays are over, it is time to revert back to a nutritional diet.

There are a few guidelines that can help maintain good eating habits. First, eat a wide variety of foods for a healthy combination of vitamins, minerals and nutrients. Second, eat in moderation. Eating healthy does not mean giving up favorite foods, but it does mean giving up larger portions of desserts, high fat and sugary foods.

Eating healthy begins with making smart choices. Stock cupboards and the refrigerator with nutritious foods like fresh fruits, vegetables, whole grain breads and cereals. Examples of whole grain breads include whole wheat, bran or oatmeal. For hot cereals choose oatmeal, even the instant variety, and for cold cereals, choose those that provide at least 4 grams of fiber per serving.

Sierra Military reviews security after burglary

The Department of Defense said on Dec. 23, 2002, that a TriWest Health Alliance office in Phoenix, Ariz., was burglarized on Dec. 14, and computer hard drives were stolen. TriWest is a company that provides TRICARE services to beneficiaries in western states.

No information about Sierra Military's beneficiaries was stolen or in danger. Sierra Military does not share any information with TriWest.

The stolen hard drives contained Social Security numbers, addresses and other records of 500,000 service members and their families. The reason for

the theft is still unknown, but there is the potential for identity fraud.

DoD has requested all TRICARE providers, including

Sierra Military, review their security protocols.

"We began that review immediately and are working closely with Department of Defense to reassure them that our security is stringent," said David Nelson, President, Sierra Military Health Services, Inc. "We have reviewed our safety procedures and have taken the necessary steps to further insure the security of beneficiary information that is stored on our systems.

When shopping at the grocery store look for foods like boneless, skinless chicken breasts, fish, extra-lean ground beef, non-fat milk, tuna packed in water and brown rice. Use oils, mayonnaise, butter, margarine and salad dressings sparingly.

Contact a physician before implementing any dietary or physical lifestyle changes.

If you have dietary ques-

tions, call the 24-hour Health Care Information Line for help. The line is staffed by Registered Nurses who can help you determine the non-emergency or self-care you need in the proper setting and can provide information on health issues.

Call 1-800-308-3518 anytime, day or night to speak to a nurse or to access the Health Information Library (Pin No. 208).

Naval Dental Center Northeast

White fillings instead of silver an option on some teeth

Doctor, can I have white fillings instead of silver?

This is a frequently asked question by patients in the modern dental practice.

The answer to this question depends on several factors that you should discuss with your dentist to determine what is the right filling material for your restorative situation.

The durability, longevity and expense of dental fillings are influenced by several factors. Such factors as the chewing load on the tooth and filling, the components of the filling material, placement of the fill-

ing material and time required to properly place and finish the filling should be taken into consideration to select the proper filling material.

The advances in esthetic filling materials over the past several years have given dentists the ability to provide patients with fillings that create natural looking teeth. The introduction of these materials has not eliminated the usefulness of other more traditional materials such as dental amalgam fillings or what we usually refer to as silver fillings.

The durability and strength

of the traditional silver filling still make them useful where teeth must withstand heavy chewing forces especially in the back of the mouth.

Dental amalgam is a compound of mercury and other metals that set up into a solid form. It is the most researched and tested filling material in use today. Dental amalgam is very durable and resistant to wear, inexpensive compared to other materials and can withstand heavy chewing forces.

Some disadvantages of silver fillings include possible sensitivity to hot and cold after

placement, the silver color is not as aesthetic and it requires more tooth structure removal than white fillings. Some questions have been raised about the mercury content of dental amalgam and its effect on our health.

The mercury in dental amalgam chemically combines with other metals to make it stable and safe for fillings. Amalgam has over a 100-year history of safe and reliable use.

Several scientific organizations such as the National Institutes of Health, the U. S. Public Health Service, the Cen-

ters for Disease Control and Prevention, the Food and Drug Administration and the World Health Organization through panels and studies have been satisfied that dental amalgam is safe and effective as a filling material.

Composite filling materials or what we refer to as tooth colored or white fillings are a mixture of acrylic resin and finely ground glass-like particles that give a tooth colored appearance. Composite fillings are durable in small to mid sized fillings and can with

TEETH, Page 13

Leisure

Special fitness activities

(Gym 109, 841-3154)

The adult intramural basketball league is open to active duty, retirees, reservists, dependents and DoD civilians ages 18 and over and is divided into age categories for players 18 and over and 35 and over. Games are played Monday through Friday nights at 5:30, 6:30 and 7:30 p.m. on Courts 1 and 3.

There is a \$15 fee for DoD civilians and teams are limited to four DoD participants. All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game.

Registration will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, Jan. 31. The season runs through March 14.

For more information, call Jim Gauch at 841-7196.

Newport to New York fitness challenge: Challenge yourself to travel from the City-by-the-Sea to the Big Apple and some of New York's many landmarks in this simulated multi-leg competition, beginning Jan. 27 at Gym 109.

Participants will have until May 22 to complete the challenge and all finishers will receive a prize. Registration takes place through Jan. 24 at Gym 109.

For additional information, contact Brett Estrella at Gym 109 at 841-7196 or Jeff Cornell at Pool 307 at 841-6628.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

Yoga: Register today for the next session of Vinyasa Yoga, beginning on Wednesday, Jan. 22. This class will take participants through a series of poses with particular emphasis on using breath to guide movement.

Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach. The six-week session costs \$60 and classes are held from 4:45 to 5:45 p.m. in the Aerobics Room at Fitness Plus. A minimum of 10 preregistered participants are needed for classes to begin and all participants must have a yoga mat by the first class.

Mats may be purchased at Fitness Plus for \$18 during normal hours of operation. For more information, or to pre-register, call Fitness Plus at 841-1474.

USNA to meet URI in hockey

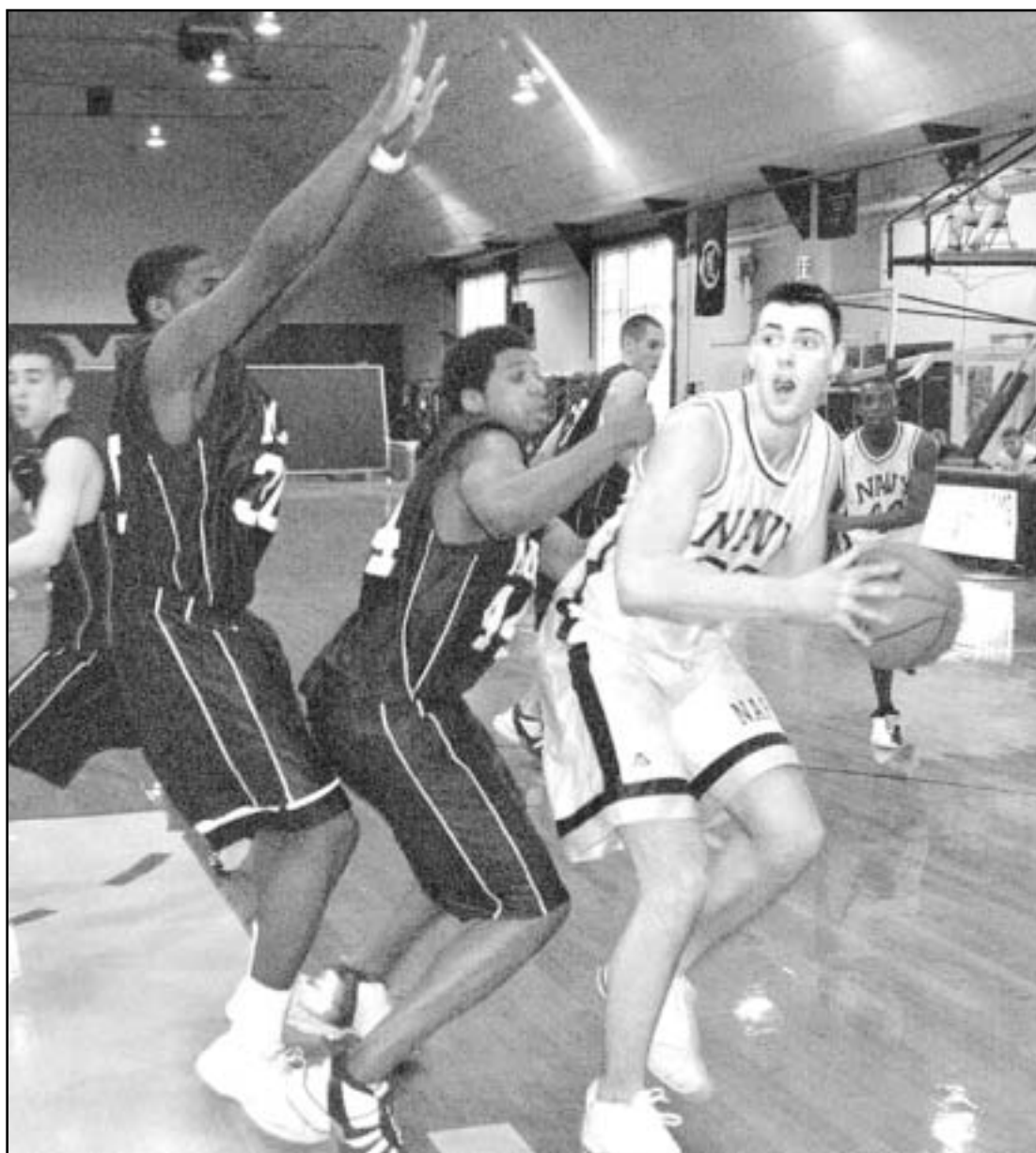
KINGSTON, R.I. — The U. S. Naval Academy (USNA) club hockey team will face off with the University of Rhode Island (URI) club team tomorrow and Sunday at the university's Bradford Boss Ice Arena in Kingston.

Tomorrow's game starts at 7:30 p.m.; Sunday's game starts at 2 p.m. The campus is

located at the intersection of Rt. 138 west and Kenney Road.

The USNA midshipmen have a 10-10-1 record against other college and university club teams in the Northeast. The club team, organized since 1974, is coached by Rick Randazzo, a 1993 graduate of the U.S. Military Academy at West Point, N.Y.

Sports



PHC (AW) Jon Hockersmith/U.S. Navy photo

OUT OF THE PAINT — Navy Prep's Ryan Schwarz meets stiff defense from Maine Central Institute at Gym 302 last Sunday. Rushing to assist is teammate Russell Wooten, right.

Ranked teams foil NAPS

Bridgton Academy and MCI give Rams lesson

By LT. JAMES HAMILTON
NAPS Public Affairs Officer

The Naval Academy Prep School's basketball team was back in action after two days of practice following the holiday break. It faced two of its toughest opponents for the year.

Bridgton Academy of Maine and Maine Central Institute in Pittsfield came into the season ranked No. 2 and 11, respectively, in the national preparatory school rankings.

In the first contest, Jan. 8, the Rams were no match for Bridgton whose size overwhelmed the NAPS big men all day long.

The game stayed close throughout the first half, but Bridgton got to the charity stripe early and often, shooting 16-21 from the line as it took a 14-point lead into the locker room.

In the second half the Rams could only muster up 28 points as they fell, 91-58. High scorers for the Rams were Carlton Baldwin from Lusby, Md., and Russell Wooten from Vienna, W. Va. with 17 and 11 points, respectively.

Last Sunday, Jan. 12, the Rams put together their best effort so far, but fell to a tough Maine Central squad, 66-52.

MCI got off to a quick start and had the Rams down early by a margin of 18 points.

"We really came together as a team today" said Coach Dave Sladky. The NAPsters fought hard to cut the lead to 6 points late in the game, but the MCI squad was too much for the Rams down the stretch.

The Rams were led by Baldwin and Michael Brandon with 16 points each. Ryan Schwarz and Jared Muse provided a solid all-around effort to bring NAPS back into the game.

The next home game is against St. Thomas More school on Feb. 3 at 6 p.m.

Pediatrician

Continued from Page 5

residency at Gorgas Hospital in the Republic of Panama, Central America, where he studied tropical diseases.

"My having grown up in the Panama Canal Zone, I can attest to the variety of tropical diseases that are indigenous to that area of the world, not yet seen in the United States," said Cmdr. Nill. He went on to complete his pediatric residency at the now disestablished Naval Hospital Oakland, Calif.

Traveling was a part of Dr. Nill's plan before his active duty service even began. He provided medical care to some of the world's most underserved populations. Some of his experiences include work

in a Baptist mission hospital in Indonesia; amidst the Hmong people at a refugee camp in Thailand; and in villages in the former Zaire, now the Republic of the Congo.

In preparation to communicate with his patients, Dr. Nill learned to speak French in France and Swahili in Kenya.

His active duty service include practice in Panama and The Philippines.

With all his diverse experience, Dr. Nill, said the ingredients for good basic child care is the same no matter where you are worldwide or what language you speak: promote and practice preventive medicine, good nutrition and exercise.

Teeth

Continued from Page 11

stand moderate chewing force. Some advantages of composites over amalgams are they require less tooth structure removal, they are adhesively held in the cavity by bonding agents allowing for conservation of tooth structure in many instances.

Composites are moderately resistant to wear under heavy chewing loads but less so than amalgam fillings. The cost of composite filling materials is moderate but they require more time by the dentist to properly place and finish the restoration adding to the cost of the filling. Also the cavity must be kept clean and dry during the placement of a

composite filling for proper bonding and placement and they will stain and discolor over time requiring replacement.

Hopefully this article has answered some questions about white versus silver fillings. So the next time you need a filling in a back tooth you can discuss the options better with your dentist to determine which filling materials are best suited for your restoration.

For additional information on dental topics or to ask questions please visit our Command's website at <http://www-ndcne.med.navy.mil>.

Investment guru to speak at NWC

Jim Rogers, author of the best seller, *Investment Biker: On the Road with Jim Rogers*, will speak at the Naval War College on Jan. 28 as part of the college's Contemporary Civilian Lecture Series. He will be accompanied by his wife, Paige Parker.

The lecture, sponsored in part by the Naval War College Foundation, will be at 6:30 p.m. in Spruance Hall Auditorium.

Best known for his wit and opposing style in the world of investment analysis, Rogers co-founded the Quantum Fund, a global-investment partnership. Its portfolio grew by more than 4,000 percent over a 10-year period. Rogers

retired at age 37.

In 1990-1992, he motorcycled across six continents, analyzing the countries for investment ideas and chronicling the state of economic and political structure along the way. He made a second trip, 1999-2000, in preparation for a second book with Parker, who he married in 2000.

Both cycle trips earned him status in the *Guinness Book of World Records*.

Anyone who wants to attend the lecture, and doesn't have a military or Department of Defense ID, must call Ms. Shirley Fernandes at 841-4527 and provide the names and all those arriving in the vehicle.

NLSO

Continued from Page 11

If you are on active duty, the SSCRA also guarantees that your state residency will not change just because of your military orders. This means that you will continue to pay state taxes ONLY to your home state, UNLESS you change state residency voluntarily.

Technically, your state residence is whatever you intend it to be, but states look for objective proof of your intent because there may be certain benefits associated with being a resident of one state versus another. By manifesting one of these objective forms of proof of your intent to make a state your residence, you may be doing enough to voluntarily change your state residence without doing anything else.

The primary means of changing state residence voluntarily are by voting in a new state or changing tax withholding to a new state. Sometimes owning real estate or holding a professional license in a new state may be considered evidence that you have voluntarily changed state residence.

You may need to file an affidavit in your new state to avoid state tax or yearly personal property tax. The SSCRA does not protect you against paying local real estate taxes or state income taxes on non-military income.

So if you work a second job, you must pay local state tax on that income. The SSCRA also does not protect your spouse - your spouse will be subject to all the normal state residency and tax rules. In Rhode Island, a non-military member is presumed to become a resident of Rhode Island for income tax purposes after being present in the state for six months.

Servicemembers often think the SSCRA will entitle them to, or protect them from penalties for, breaking a lease due to military orders. This is not true for most servicemembers.

To be protected by the SSCRA, the current lease must have been signed before entering active duty and the servicemember (or dependents) must have lived at the dwelling, and military service must have a "material effect" on ability to keep the lease. The only sure protection for leases signed after enlistment is a military clause in the lease. Contact the NLSO before signing or breaking any lease.

The SSCRA also allows you to request that the interest rate you pay on a debt incurred before you joined the military be reduced to 6 percent per annum. To be eligible for the 6 percent cap, you must have incurred the debt before joining the service and your ability to pay must have been materially affected by military service.

For further information or to make an appointment contact the Naval Legal Service Office North Central Branch Office Newport at (401) 841-3766 x200. It is in Building 360

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is currently preparing its bid for the Scientific/Technical Information Services at the Naval Undersea Warfare Division, Newport RI. We are seeking candidates for the following positions:

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- Assistant Project Manager
- Administrative Assistant
- Technical Writers
- Word Processors
- Illustrators
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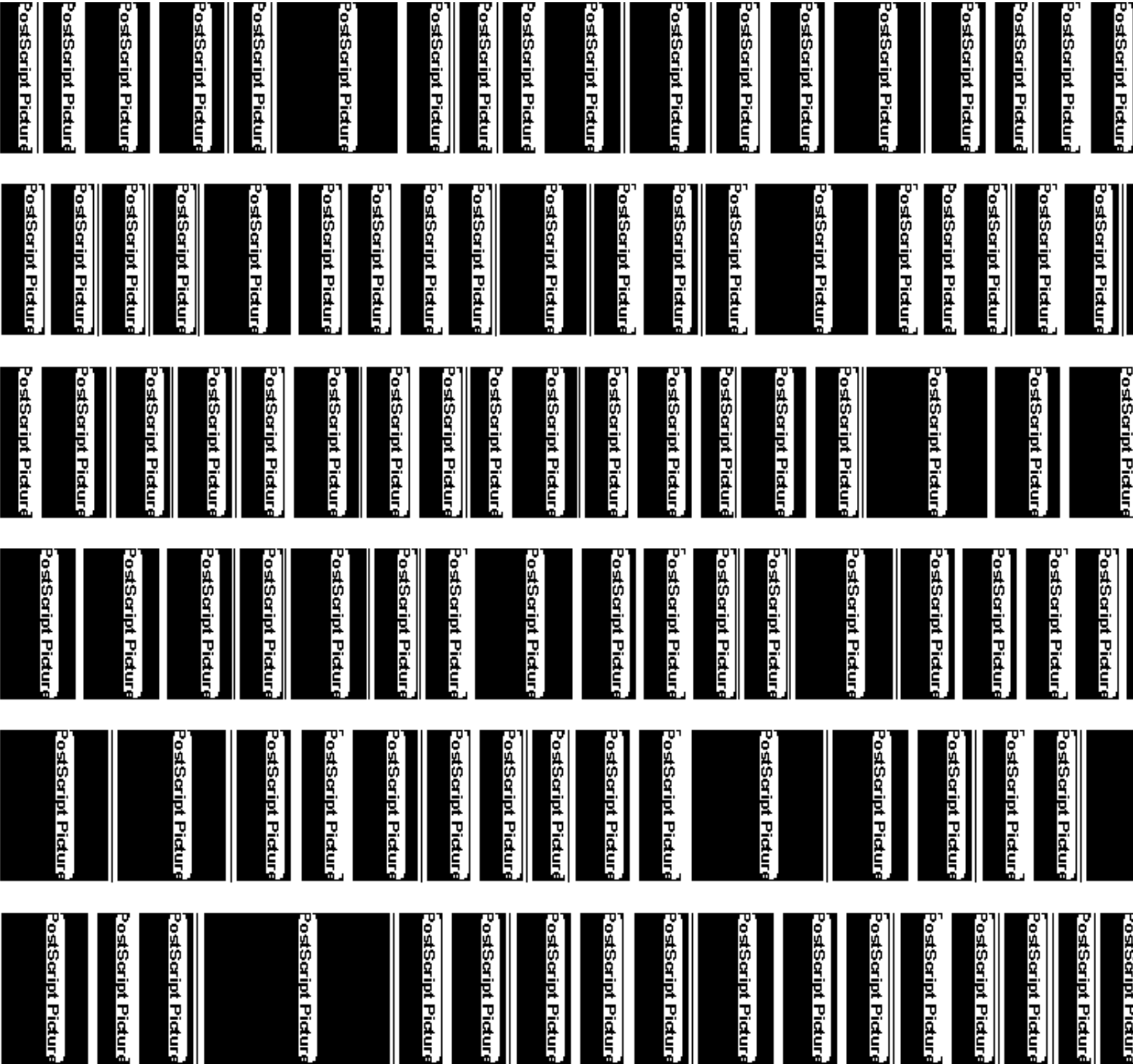
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Festival

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Steppin' Out Dance Studio
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Telley's Café-Sea Breeze Inn
Thames Glass
The Market—Newport
Gourmet
The Mooring Restaurant
The Newport Daily News
The Newport Experience
The Salvation Cafe
Three Golden Apples
Tina Fox — Stampin' Up
Tito's Cantina
Tremblay's Café
Tropical Gangsters
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